

Urbana Senior Center

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www.FrederickCountyMD.gov/aging

January Program Highlights

The Inside Scoop: Education & Ice Cream

Fall Prevention and Balance Screening

Worried about your balance? After a brief discussion about reducing your risk of falling, staff from Superior Physical Therapy will provide free balance screenings.

Date: Tuesday, January 20

Time: 6:30 p.m. **Cost:** Free

Fried Chicken Luncheon

Comfort food and “brighten-the-winter-blues” activities during the doldrums of winter! Lunch will include fried chicken, mashed potatoes, steamed broccoli and apple pie.

Date: Thursday, January 22

Sign-up by Thursday, January 15

Time: Noon

Cost: \$4.80 (Regular meal cost)

Tuesday Night Pizza & Games

Enjoy an evening of games! We play for fun and bragging rights! Join us for pizza before the fun and games begin.

Date: 1st, 2nd, 4th Tuesdays

Time/Cost: Pizza 5:30 p.m. \$5 per person
Games 6:30 p.m. Free

Stitching Post

Come knit, crochet, or just talk. Members of this informal group help each other with projects, patterns, and learning new skills.

Date/Time: Mondays 10:00 a.m. Free

Date/Time: Tuesdays 1:00 p.m. Free

Day Trip Registration begins Tuesday, January 13

Breakfast for Lunch with Nurse Steve

Bring your friends and enjoy a delicious breakfast for lunch. A variety of breakfast foods will be offered. Nurse Steve’s talk will be “When is good food not good for me: A discussion of the myths and truths about foods and their benefits.”

Date: Thursday, January 8

Sign-up by Tuesday, January 6

Time: Noon

Cost: \$4.80 (Regular meal cost)

Mobile Information and Assistance (I&A)

Need help? A staff member from the Department of Aging will provide information, answer questions and complete applications for SNAP (food stamps), Energy Assistance, and Medicare Subsidies.

Date: Thursday, January 8

Appointments are encouraged

Time: 11:00 a.m. **Cost:** Free

Take Home Info

Be educated! My mother always said, “Use your brain! Learn one new thing a day.” Each week in January we’ll provide you with some take home information that you can use!

Nutrition Minute: Eat Seafood Twice a Week

Education for All: MLK Facts & Quotes

Health Ed 101: Preventing Type 2 Diabetes

Chinese Mah Jong

The leisure game of Chinese Mah Jong will exercise your brain. Beginners welcome!

Date: Tuesdays

Time: 1:00 p.m. **Cost:** Free